

Dribble King

Station: Play king of the court with your color team.

- Try to knock away your opponent's ball with one hand
- stay inside the coned area
- Don't stop dribbling
- Don't double dribble
- If you are out go to the line to practice dribbling.
- start a new game if you have time.



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Pass Dribble Shoot

Form two lines

First person in line 1 passes the ball to the person in line 2. That person dribbles and shoots. Line 1 person rebounds and tries to make the shot.

Players switch lines and give the ball to the next person in line.



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Knockout

Form one line - 2 basketballs

First and second person have the basketballs. The first person gets 1 shot, then the second person starts trying to shoot at the same time. **If the person behind you makes the basket before you, you are out.** If you make the shot you are safe and you give the ball to the next person in line. If you are out go to the outside line and watch. The last player standing is the winner. You can have a practice basket open to go to when you are out.



Passing

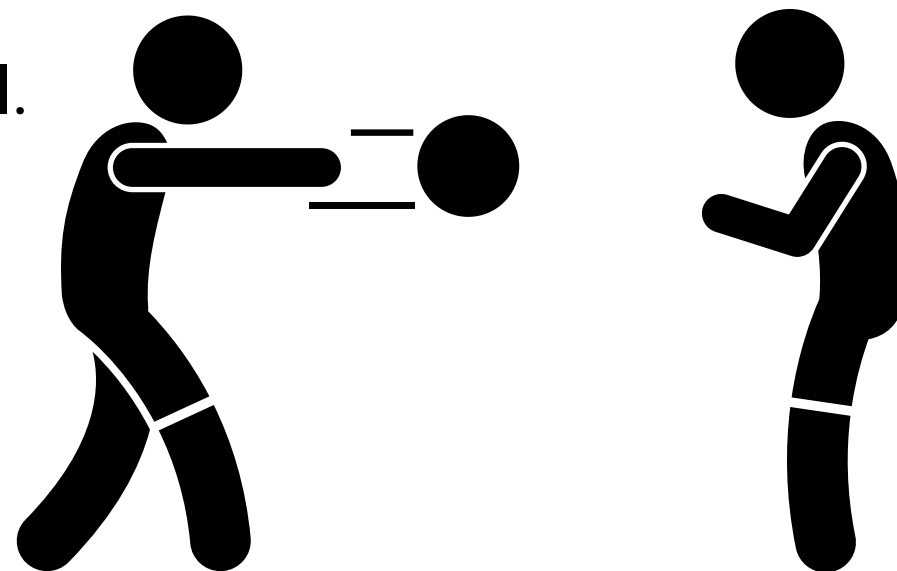
Form 2 lines

Face your partner and pass them the ball.

Chest pass- Step towards them with one foot, hold the ball with thumbs down.

Push from your chest towards your partners chest.

Bounce pass- Step towards your partner and try to bounce the ball midway between the two of you. The ball should bounce up to them waist height.



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Overhead Pass

One person wears the jersey, they are defense. One person has the ball out of bounds. Overhead pass the ball in to an open teammate and that teammate.

Then if they catch the ball they try throwing in the ball. If the defender steals the ball then they get the ball and someone else puts on the jersey to be the defense.



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